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SELLER**

Pruvida Book

YOUR HAIR YOUR RULES

A guide to lifelong hair care and maintenance
Original Extended Edition



Table of contents

1 Understanding Hair Types	1
1.1 Straight Hair	6
1.2 Wavy Hair	6
1.3 Curly Hair	7
1.4 Dry Hair	7
2 Hair And Scalp Health	8
2.1 How do you maintain a healthy scalp?	9
2.2 Common Hair Concerns And Solutions	11
2.2.1 Dry Hair And Hydration Techniques	14
2.2.2 Frizzy Hair And Taming Tips	18
2.2.3 Split Ends And Preventive Measures	20
2.2.4 Dealing With Dandruff	22
3 Establishing A Hair Care Routine	24
3.1 Choosing The Right Shampoo	24
4 Advanced Techniques For Healthy Hair	28
4.1 Heat Styling Safely	28
4.2 Protecting Hair From Environmental Damage	29
4.3 Hair Styling Tools And Techniques	30
5 Hairstyles For Every Occasion	31
5.1 Everyday Hairstyles For Various Hair Length	31
5.2 Elegant Updos And Special Occasion Hairstyles	33
5.3 Braid Hairstyles	37
6 Hair Care Tip For Different Hair	38
6.1 Summer Hair Care Essential	38
6.2 Winter Hair Care Strategy	40
6.3 Transitioning Hair Care Between Season	42
7 Embracing Natural Hair	51
7.1 Caring For Natural Hair	51
7.2 Styling Tips And Technique For Natural Hair	53
7.3 Inspiring Natural Hair Journey	54
8 Personalised Hair Care Recommendations	55
8.1 Introduction To Personalized Hair Care	55
9 Hair Care For Different Age Group	56
9.1 Hair Care For Teens	56
9.2 Hair Care For Woman In Their 40s And Beyond	57
10 Maintenance And Protection	60
10.1 Tips For Maintaining Hair Color	60
10.2 Protecting Hair From Sun And Pool Damage	61
10.3 Nighttime Hair Care Routine	62
11 Hair Mask	63
11.1 Tailoring Care To Your Hairstyle: Unlocking The Versatility Of Hair Mask	63
11.2 Benefits Of Using Hair Mask	65
11.3 Preparing Your Hair Before Application	66
11.4 Tips For Applying The Hair Mask	68

1 Understanding Hair Types

Knowing how to take care of your hair is crucial in today's fast-paced society to preserve both its health and its natural attractiveness. This thorough overview goes into the world of hair care and provides a thorough examination of various hair types, scalp health, hair care regimens, cutting-edge procedures, and much more. We'll explore the particular requirements of each hair type, from straight to coily. You'll discover how to maintain a healthy scalp, deal with typical hair problems, and create efficient hair care routines. Explore the world of hairstyling, learn how to care for your hair in all seasons, and appreciate the beauty of natural hair. We'll also look at tailored hair care suggestions and recommendations for various age groups.

How do I determine my hair type?

One of the most common methods for hair type analysis is the FIA system. This allows you to determine your hair type in three steps - from hair structure to hair thickness to hair volume. Each of these factors has several subcategories that you can use to identify your individual hair type very precisely.

Determining your hair type will help you better understand your hair and its needs. For example, curls require different care than straight hair, and you style thick hair differently than thin hair. If you know exactly what your hair is like, you can best adapt your styling and care to it.

FIA system – determine your hair type in three stages

A proven method for finding out your hair type is the FIA system. This allows you to determine your hair type in three stages:

- Hair structure
- Hair density
- Hair volume

There is a test for each of these factors that will help you get to know your hair better. We'll show you step by step how you can easily carry out the individual tests one after the other. This may sound cryptic at first, but it defines your hair type very precisely. Finally, we'll show you exactly what your hair type means to you.

What you should consider before your hair type analysis

To help you identify your hair type, it's best to leave your hair untreated and unstyled. For example, if you have previously smoothed it or styled it differently, its structure will be changed, and the result will be distorted. So it's best to prepare for the test. First, wash your hair - this will remove styling residue and return your hair to its original state. After washing, do not comb it and let it air dry. Do not use leave-in or other care products that could change the hair structure. Once your hair is completely dry, you can finally determine your hair type.

Step 1: Determine your hair structure

Hair structure indicates how wavy or straight your hair is. For the most precise definition possible, four different hair structure types can be determined, from straight hair to strong curls. Below are several subcategories that indicate the intensity of your waves and help you define your hair structure as accurately as possible. Observe your hair using the following classification and use it to determine its structure.

All of this can cause your waves to recede further and further. With the right care, you may be able to reverse this.

Hair structure 1: Determine straight hair

Your hair is completely straight.

Your hair is straight but has a slight movement. Warning: no waves!

Our hair is mostly straight but has very slight waves in some places.

Hair structure 2: Determine wavy hair

Your hair has light, loose waves.

Your hair has tighter waves that are clearly visible.

Your hair is wavy and occasionally even has curls.

Hair structure 3: Determine curly hair

You have lots of big, spiral curls.

Your hair is very curly. This gives you so-called corkscrew curls.

Your hair only has lots of small, tight corkscrew curls.

Hair structure 4: Determine frizzy hair

Your hair curls in very tight corkscrew curls that are close together.

Your hair is very voluminous, with tight, z-shaped curls. Some of them are not recognizable as individual curls.

Your hair is curled in a Z shape and woven together. A curl pattern is not recognizable.

Step 2: Determine your hair thickness

If you want to define your hair thickness, you examine how thick or thin an individual's hair is. You can also feel whether it is fine, firm, or even wiry. According to the FIA system, hair thickness is divided into three categories. We'll show you which tests you can use to easily determine them. If you don't succeed or are unsure, going to a professional can help. Some hairdressers have special devices with which they can measure your hair thickness precisely.

Fine hair (F)

Fine hair is between 0.01 and 0.04 millimeters thick. If you hold it up to the light or place it on a high-contrast surface, it is barely visible. Roll it between your fingers. You barely feel it or does it feel like a thin silk thread? Then it is fine hair.

Medium-Thick Hair (M)

Medium-thick hair has a thickness between 0.05 and 0.07 millimeters. You see it against the light or on a high-contrast background. It feels like a cotton thread between your fingers.

Thick hair (C)

Thick hair has a diameter of around 0.8 millimeters. It is always clearly visible and noticeable. In fact, when you roll it between your fingers, it almost feels wiry.

Step 3: Determine your hair volume

In the third step, you look at the density of your total hair. You can do this easily with the ponytail test. To do this, make a braid approximately in the middle of the back of your head so that you can get as much of your hair in as possible. You can now measure the circumference of your braid using a flexible tape measure. Depending on how thick it is, divide your hair volume into one of the following three categories:

Thin (i): The circumference of your braid is less than five centimeters.

Normal (ii): The circumference of your braid is between five and ten centimeters.

Tight (iii): The circumference of your braid is larger than ten centimeters

Adjust your hair care

Smooth and thin: Don't use products that are too rich, as they can quickly weigh your hair down. Also avoid using leave-in products, as they also quickly cause hair to become flat. Volumizing shampoo, on the other hand, strengthens your hair at the roots and makes it appear fuller.

Curly and voluminous: Curly hair benefits from special curl shampoos with an anti-frizz effect.

They provide a lot of bounce and elasticity. The thicker the curls, the richer the care can be. Because curls dry out quickly and therefore need extra nutrients.

Frizzy and Thick: Use special products for Afro hair if you have very frizzy and thick hair. Also, only detangle your hair when it is wet with a wide-toothed comb instead of brushing it through. This way, you protect the hair structure, and the hair stays healthy for a long time.

The different hair types

Your hair is as individual as you are. It can be straight, wavy, curly, frizzy, thick, or thin. Each hair type has its own story that needs to be understood. The structure of your mane not only influences its appearance but also the care and styling options that suit you best. We now present you with the individual hair types.

1.1 Straight Hair

Straight hair often has a natural shine but can be difficult to style. You can give them more volume and grip with special shampoos and styling products. Experiment with styling techniques to add movement and texture to your hair. Whether it's a braid, a braid, or a half bun - test which hairstyle suits you best.



1.2 Wavy Hair

Whether defined curls or light waves, a structured mane has a lot of bounce and is difficult to tame. They get out of shape quickly, which means you should use a special care range for waves or curls. Just like frizzy hair, they react more quickly to external weather influences and tend to frizz.



1.3 Curly Hair

Frizzy mane is blessed with lots of volume and curls. Their wild texture gives them character and uniqueness. They naturally have a roughened hair surface, which on the one hand promotes drying out and, on the other hand, easily absorbs the weather-related moisture from outside. When the humidity is particularly high, the hair sometimes swells, curls, and sticks out uncontrollably. As a result, they are often quite stubborn and appear undefined and fluffy. This adorable quirk is also known as "frizzy hair."



1.4 Coily Hair

The problem with dry hair: is that the individual scales on the surface of the hair do not lie flat but rather stick out slightly. As a result, the strands often feel rough when driving through them. Here too, external influences, styling, and chemical treatments are often the triggers. But cold, heating air, and UV radiation also deprive your mane of moisture.

2 Hair And Scalp Health

Take proper care of your skin and hair

When it comes to personal care, most people pay attention to the face, hands, feet, body, and hair. But what about the scalp? Because healthy hair starts with a healthy scalp, scalp care is often neglected, but without it, we put ourselves at risk of severe dandruff.

There are a few things to consider to maintain a healthy scalp. This includes, among other things, a balanced diet that provides the body with all the important vitamins. Let's take a look at a few things that promote a healthy scalp.

What does a healthy scalp look like?

Our skin consists of three layers: the epidermis, dermis, and hypodermis. In addition to hair roots and hair follicles, the skin layers also contain the sebum and sweat glands, as well as nerve and immune defense cells. In the deeper layers of the skin, new keratinized cells are continuously formed, which are removed upwards: These keratinized cells are shed on the surface of the skin as scales. According to this schedule, our scalp renews itself approximately every 28 days.

A healthy scalp can easily carry out this process of sebum formation, keratinization, and flaking. And so they maintain fluid exchange, temperature balance, and ultimately the microbiome of the scalp.

Why is a healthy scalp important?

This natural process can quickly become unbalanced: If our scalp is neglected, we not only risk dandruff but also feelings of tension, redness, greasy hair, or itching."

2.1 How do you maintain a healthy scalp?

Tip 1: Avoid washing your hair frequently

In order to have a healthy scalp, we should avoid washing our hair every day. If we wash our hair too often, we dry out the scalp - the same applies to water that is too hot. Depending on the condition of your skin and hair, it is advisable to only wash your hair every two to three days.

Tip 2: Use hair care products sparingly

A lot helps a lot? This does not apply to hair care products. To maintain a healthy scalp, use hairspray, hair dyes, mousses, and gels sparingly. The chemicals in the products can irritate the scalp, either drying it out or causing abnormal sebum production.

If you suffer from dandruff, you can regularly use an anti-dandruff shampoo with the active ingredient ketoconazole to tackle the causes of dandruff at the root.

Tip 3: Healthy scalp thanks to proper nutrition

A healthy and balanced diet with sufficient nutrients and vitamins not only leads to general well-being but also to a healthy scalp.

Proteins play an important role in a healthy scalp. Many foods high in protein also contain other important nutrients such as zinc, iron, and vitamin B.

A diet rich in vitamin A and vitamin C helps keep the scalp healthy. To get vitamin A, foods such as fatty fish, eggs, liver, spinach, carrots, mango, apricots, and sweet potatoes should be on the menu. Foods such as peppers, blueberries, oranges, tomatoes,

strawberries and vegetables such as broccoli and cabbage are rich in vitamin C.

Tip 4: Avoid stressful situations

In stressful situations, the scalp becomes unbalanced. The whole body reacts to psychological stress or nervousness, including our skin. Cold, UV radiation, dry, heated air, constant heat, and frequent dyeing also attack our skin and hair. For a healthy scalp, these external stress factors should also be avoided. Instead, you should let your hair air dry regularly and only expose it to this stress factor every now and then. Wearing hats to protect against the sun and sunburn is also essential for a healthy scalp. Sunburn can damage the scalp and cause skin irritation.

Tip 5: Gentle peelings can prevent dandruff

To better remove dead skin cells from the head, gentle peelings can help. Blood circulation is promoted, and the absorption of care ingredients for a healthy scalp is improved.

Tip 6: Treat fungal infections quickly

Dandruff is not just a cosmetic problem; the cause can often be fungal infections in the scalp. While cosmetic products may feel like they are treating the causes of dandruff, they only relieve the superficial symptoms. On the other hand, medicines such as those to treat the causes of a fungal infection can be used quickly and effectively. And thus offer a long-lasting solution against dandruff. Treat your scalp and hair twice a week for one month and promote a healthy scalp.

2.2 Common Hair Concerns And Solutions

Almost one in three women will struggle with hair loss over the course of their lives. The suffering is great. Hair loss can be specifically combated. But not with retail products, but with the right therapy.

Human hair is constantly renewing itself. After a certain period of time, they stop growing and fall out, and new hair grows back. And thinning hair is also normal with increasing age. If the hair loss lasts several weeks and more than 100 hairs fall out every day or hairless areas appear, this is a case of hair loss.

With the right diagnosis, hair loss can be treated with medication, but over-the-counter products from retailers don't necessarily keep their promises.

Causes of hair loss in women

The possible causes of hair loss are very different:

- Hereditary factors
- Stress
- Hormonal disorders/changes
- Infections
- Side effects of medications
- Attack of your own immune system on the hair follicles

Hereditary hair loss is common

Hair loss occurs in different forms: Hereditary hair loss (androgenetic alopecia) is the most common cause of hair loss, including in women. The hair roots are probably sensitive to male sex hormones (androgens). During menopause, this leads to hair loss in some women, usually in the middle parting.

The front area of the head can also be affected; soon, the forehead is often the result. In younger women, the decrease in hair density can also be caused by polycystic ovary syndrome (PCOS), for example. This leads to excessive production of testosterone.

Circular hair loss due to autoimmune disease

Circular hair loss, also called alopecia areata, can occur at almost any age. The hair comes out painlessly and in clumps. In addition to the hair on the head, the disease can also affect the rest of the body. If the hair falls out completely, experts speak of alopecia areata universalis. Alopecia areata is an autoimmune disease. An attack by the immune system causes the hair to grow so severely that it falls out. The exact causes are not yet known.

Diffuse hair loss can have many causes

Diffuse hair loss is a common form of hair loss. The hair falls out evenly, distributed over the entire head. The causes are diverse. Possible triggers include thyroid diseases, certain medications, chronic illnesses, autoimmune diseases, and serious infections such as flu, malnutrition, or chemotherapy. The pill can also cause diffuse hair loss, and many women are also affected after giving birth.

Eczema or fungi as a cause of hair loss

Some scalp conditions can cause temporary or permanent hair loss. These include severe eczema of the scalp or fungal diseases. Scarring can lead to permanent hair loss.

Hair loss due to pressure and tension

Pressure and tension on the hair can also lead to hair loss. In addition to pathological pulling out (trichotillomania), permanently wearing a braid tightly can also lead to hair loss.

Diagnosis: Plucking test, trichograms, and blood tests can help

During the examination, the doctor asks in detail about the patient's history, previous examinations and therapies, as well as symptoms. For women, changes in the cycle, pregnancy, or taking the pill also play an important role.

The hair is then examined under a magnifying glass and checked to see whether it is brittle. A plucking test shows whether the hair comes off quickly. The hair root is then examined. A so-called trichogram shows in which growth phase the hair falls out. Computer-aided hair analysis can provide further insights. A blood test or tissue samples from the scalp may also be necessary for a diagnosis.

The right therapy for hair loss

The earlier the appropriate treatment is initiated, the greater the chance of success of the therapy. First, the exact cause of the hair loss must be found before the doctor creates an individual treatment plan. If a particular medication is responsible for hair loss, an alternative preparation may be worth trying. If diseases such as hyperthyroidism or malnutrition are the cause of hair loss, they must be treated to stop the hair loss. Important: Not every hair loss needs to be treated, and sometimes the hair grows back on its own.

Possible further treatments include:

Medication: There are two active ingredients that can effectively counteract hair loss. In some cases, the antihypertensive drug minoxidil allows new, stronger hair to grow back in cases of hereditary hair loss. Local application of cortisone or dithranol can help with circular hair loss.

Anti-androgens: To combat hormone-related hair loss, dermatologists prescribe tablets that contain anti-androgens.

They block the effect of male hormones on the hair roots, promote blood circulation in the scalp, and thus stimulate hair growth.

Hair transplant: Hair is removed from the back of the head. The doctor makes micro-slits in the bald areas and transplants the transplants. It also determines the density and direction in which the hair should grow in the future. The whole thing happens in millimeters. As with any procedure, there is a risk of side effects: swelling and water retention can occur, and individual transplants can fail again

2.2.1 Dry Hair And Hydration Techniques

Understand hair dryness to choose the right product

Nowadays, almost every second woman claims to have dry or very dry hair.

Dry hair is a recurring problem, but it is not inevitable. Specific care products and essential oils can be used to combat dry, brittle hair.

How do I know if my hair is dry or very dry?

There are several specific characteristics that distinguish dry hair from very dry hair.

Characteristics of dry hair

Even if you are careful, detangling hair is not that easy. Once dry, the hair is dull, brittle, and static. It lacks suppleness and softness.

Characteristics of very dry hair

If the hair cannot be detangled or is very difficult to comb through and looks rough, damaged, dull, and split after drying, A “strawy” aspect gradually emerges. There is no doubt: the hair is very dry. It urgently needs care and moisture.

Why is hair dry and damaged?

We cannot fight our genetics; hair can be naturally dry or very dry, resulting in poor scalp irrigation and insufficient sebum secretion. But there are also things you can do to it: a blow dryer that's too hot, unnecessary brushing, improper care, etc. Add to that the explosive cocktail of sun, wind, sea water, chlorine, pollution, UV, and stress, and the consequences are always to be expected. The hair fiber is damaged, resulting in dry hair.

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What happens in the depths of the hair fiber when you have dry hair?

Disappearance of the hair's protective barrier (or hydrolipidic film) After being subjected to hair styling and other aggressions (such as bleaching, blow drying, chlorine, and straighteners), this surface defense is no longer effective as a barrier for the hair fiber

The hair scales are removed

The scales are nested together like tiles on a roof. When they break down, they break apart, exposing the inside of the hair. This causes the water naturally present in the hair to evaporate excessively, and the hair dries out.

How can you care for dry or very dry hair in everyday life? Envelopes dry hair with suppleness.

To give dry hair beauty and softness day after day, it is important to use a moisturizing ritual with natural active ingredients. The hair is immediately moisturized.

My hair is brittle, static-charged, sticky, and lacks shine. I want to moisturize it, but I don't want to weigh my hair down.

How can you care for dry or very dry hair in everyday life?

For best results, we recommend following the proper steps for caring for dry hair. It needs maximum hydration.

Dry hair needs to be pampered every day. We use gentle techniques for the hair, combined with moisturizing and nourishing care. Here are some tips and tricks for caring for dry and damaged hair



Gentle washing and suitable shampoos

As the saying goes: let it be. We recommend washing dry hair only once a week to avoid destroying the protective sebum layer.

Gently massage the scalp when applying the shampoo. After washing, you should rinse your hair with warm or cold water to give it more shine.

How do I choose the right shampoo for dry hair?

The secret? A shampoo tailored to your scalp, whether it is oily or dry, There are also shampoos with gentle formulations based on natural active ingredients that cleanse the hair without damaging it. which has moisturizing but also protective properties. The hair is easy to style and retains its lightness. Shea butter is also known to soothe the scalp.

Use moisturizers and masks for dry hair

We recommend applying a mask to promote moisture and shine after every hair wash. To do this, work the lengths and ends strand by strand, leaving out the roots. It is best to leave it on for 3 minutes and then rinse thoroughly until the hair is crisp. A mask is just as good for your hair as it is for your mood: a break is the ideal time to relax.

Respect your hair by using appropriate styling techniques and care products

Be aware that your hair needs tolerable care. Poor styling techniques can make hair even drier and lead to breakage.

To stop detangling from being an ordeal, make it easier to comb by applying a mask during a break. We recommend starting with the ends, working your way to the lengths, and then rinsing thoroughly with cold water.

When drying, do not overdo it with high temperatures. The ideal solution is to protect the hair from the heat of the straightener or hair-dryer with a heat protection spray. Natural styling products can also help maintain the integrity

of your hair. If you use a straightener every day, try using it less often to avoid drying out your hair even more.

Finally, a small amount of moisturizing hair day cream in the lengths will help you say goodbye to static electricity.

Appropriate keratin-based care products can be an invaluable ally to prevent the aggressiveness of these techniques, which are often harmful to very dry hair.

Night is a moment of beauty and care for your dry hair

At night, the hair is protected from the aggressions of everyday life. We recommend taking advantage of this special moment to nourish your hair with suitable night care. Deeply replenished, easier to style, soft, and shiny, the hair will reveal all its beauty in the morning.

There are overnight leave-in products specifically designed for very dry hair. They provide 8 hours of active care for shiny, supple hair. These hair care products may contain various natural active ingredients that help restore dry hair, such as shea butter and wheat microproteins.

2.2.2 Frizzy Hair And Taming Tips

Regardless of hair type and style, no one likes frizzy hair. If you have a tendency to have frizzy hair, rain is probably your number one enemy, and a white sandy beach in the tropics doesn't sound relaxing either. How do you get frizzy hair under control?

First, we need to address the cause of frizz in the hair.

How does frizzy hair occur?

Frizz occurs when your hair is not adequately moisturized. When it is dried out or damaged as a result of chemical treatments, the outer layer (the hair cuticle) splits and allows moisture in. If you go out when the humidity is high, your hair will absorb the moisture.

The hair becomes fluffy and resembles cotton candy. Curly or wavy hair is particularly prone to frizz because it tends to be drier.

This is how you get rid of frizz

There is no one-size-fits-all solution when it comes to fighting frizz because the solution depends on your hair type. Fine, thin hair requires different products than curly or wavy hair. We'll tell you what you need to pay attention to.

1. Use sulfate-free shampoos

If you want to tame frizzy hair, you need a mild shampoo that not only cleanses the hair but also locks in the moisture in the hair.

3. Use a moisturizing hair mask

Provide your hair with sufficient moisture by using a nourishing hair mask once a week. Which intensively nourishes your hair and leaves it supple and shiny - without frizz. If you want to give your hair an extra dose of care, use cupuaçu butter and let the hair mask work wonders while you sleep.

4. Apply oil to the ends

Is your hair still dry and frizzy? Then apply some nourishing hair oil to the ends of your hair so that it becomes supple and you can tame the frizz. The oil penetrates the hair better and not only gives it a radiant shine but also smoothes the hair cuticle.



5. Brush your hair

Gently detangle your hair by first brushing the lengths and then working your way to the roots. Wet hair is particularly sensitive. Use a soft brush or detangle your hair with your fingers first to avoid pulling it out. If you need extra help detangling, spray some into your hair.

2.2.3 Split Ends And Preventive Measures

Split ends, also known as broken ends, are exactly what they sound like: hair that has been damaged at the ends (the oldest part of the hair shaft), causing it to split naturally. However, it is important to know that split hair can occur all over the head, not just the ends.

The most common causes of hair splits include the following:

- **The fundamental division**

Split ends that end in a fork are among the most common types of split ends. If you notice broken ends like this, your hair is probably in the early stages of damage.

- **The tree pattern**

Broken tips in a tree or branching pattern typically indicate that one side of the hair fiber is more damaged than the other. These types of split ends mean that your hair is already quite damaged and needs careful treatment.

- **The little knot**

Sometimes people with curly hair develop small knots on individual strands of hair. This results from knotted hair and can cause damage when brushing.

Why are broken ends bad for your hair?



While split ends are completely normal, that doesn't mean you should ignore them if you notice them in your hair. Broken ends and split hair are your hair's way of telling you that it is damaged and needs a little help to get healthy again.

Tips to avoid broken ends and split ends:

In addition to using a hair treatment to remove split ends, making small changes to your hair care routine in general can go a long way toward preventing split ends.

1. Rethink the way you towel dry your hair

Are you towel-drying your hair the right way? To keep your hair healthy and prevent breakage, avoid towel drying too aggressively. Traditional towels can also cause split ends, so consider switching to an abamboo towel to keep dry and sensitive hair in tip-top shape.

2. Change your shampoo

One of the most common causes of split ends is using the wrong hair products for your hair type. Switching to a moisturizing shampoo can be a good starting point for treating dry, strawy hair.

3. Only work with clean hair to avoid split ends

If you plan to use hot styling tools on your hair, be sure to only use them on clean, dry hair. Apply products such as hairspray and shine serum only after styling your hair. An exception is, of course, the heat protection spray, which should always be applied before using hot styling tools!

4. Get your hair cut regularly

Another hair treatment for split ends is simply remembering to get your hair cut every 6–12 weeks. If you're worried about maintaining your length, don't be! Ask your stylist to use a method called "hair dusting" to remove broken ends without losing length. A regular haircut has another advantage because it can prevent breakage in the hair strands and thus accelerate your hair growth.

5. Take supplements that strengthen hair from within

We know that broken ends cause hair to become weak from within, so it's important to re-strengthen damaged hair in the same way.

2.2.4 Dealing With Dandruff

Many people are affected by dandruff, but dandruff is rarely a major problem today: In most cases, a suitable anti-dandruff shampoo is enough to get rid of the annoying problem. However, sometimes dandruff can also be a sign of a serious skin disease that requires treatment. Then the only thing that usually helps is a visit to the doctor or the use of suitable medication. In this pharmacy guide, we will tell you what you should know about the correct handling and optimal care for dandruff.

What is dandruff anyway?

Dandruff in the hair is nothing new for many people. If they are not excessive, washing your hair thoroughly is often enough to counteract dandruff formation. But what exactly is dandruff? How are they created? And can their occurrence be prevented? The answer to the first question is easy: Even if it doesn't sound nice, dandruff is simply dead skin cells. If you suffer from increased dandruff, it may be due to a predisposition for which neither you nor external circumstances are responsible.

However, there may also be other reasons behind this, which we would like to discuss in more detail below.

Possible causes of excessive dandruff



Dandruff falls out of your hair for a reason, which is why you should take a closer look if you increasingly suffer from dandruff. In addition to a personal genetic predisposition, causes such as stress, an unhealthy diet, hormonal fluctuations during puberty and after menopause, or simply incorrect hair care and thus irritation of the scalp can play a decisive role.

Allergies and illnesses are possible triggers for dandruff on the head

In addition to the causes of dandruff already mentioned, specific illnesses and allergies are also possible triggers. These include, among others, the following:

- Neurodermatitis on the head: In so-called atopic eczema, the skin flakes and itches very much, sometimes only on the head and neck.
- Malassezia furfur: Increased sebum production causes the yeast to spread more and more, which can cause itching and greasy dandruff to form on the scalp.
- Seborrheic eczema: Yellow scales on the scalp and face are a common feature of this dermatitis, along with extreme itching.
- Psoriasis: In this special form of psoriasis on the head, the skin cells of the epidermis become keratinized, and dandruff occurs.
- Contact allergies: Whether cosmetics or care products: Some ingredients can cause itching, scabs, crusts, and dandruff in sensitive people.

3 Establishing A Hair Care Routine

3.1 Choosing The Right Shampoo

Are you tired of dull curls and ineffective hair care? Are you ready to take your hair game to the next level and unlock the secret to luscious, nourished locks?

This book will take you on a transformative journey and equip you with the knowledge and techniques to establish an effective hair care routine. From knowing your individual hair type to mastering the art of cleaning, conditioning, and styling,

Say goodbye to bad hair days and hello to a new level of self-confidence. By following the steps outlined in this book, you can unlock your hair's full potential and keep it looking and feeling great every day. Get ready to attract attention and leave a lasting impression.

Understand your hair type

Understanding your hair type is essential to establishing an effective hair care routine for men. Every person's hair is unique, and different hair types have different characteristics and requirements. You can tailor your hair care routine to your specific needs by identifying your hair type, resulting in healthier, more manageable, and more stylish hair.

Straight Hair: Straight hair is characterized by a smooth texture that has no natural curls or waves. Men with straight hair often enjoy the benefit of a sleek, well-groomed appearance. However, straight hair can tend to look flat and voluminous. Understanding the unique characteristics of straight hair will help you choose the right products and techniques to enhance its natural shine and add the desired volume when styling.

Wavy hair: Wavy hair lies between straight and curly and has a slight wave pattern. Men with wavy hair often have many styling options due to its natural texture and movement. However, without proper care, wavy hair can become frizzy or lose definition. Learning to appreciate and control the waves in your hair.

Curly hair: Well-defined curls or coils characterize curly hair. Men with curly hair often have a unique and distinct texture that can be both a blessing and a challenge. Curly hair is prone to dryness, frizz, and tangles and requires special attention and special hair care products to keep it hydrated, defined, and healthy. By understanding your curl pattern and using appropriate hair care techniques, you can enjoy your curls and unleash their full potential.

Tight Curls: Tight curls, often referred to as kinky or tight curls, feature tight coils or spirals. Men with tight curls boast a beautiful texture full of natural volume and versatility. However, this hair requires special care to retain moisture, prevent breakage, and maintain length. By understanding the unique characteristics of tight curls, you can develop a hair care routine that nourishes and celebrates the beauty of your curls.

Knowing your hair type will help you select appropriate products, use specific hair care techniques, and style your hair to complement its natural characteristics. By considering your hair type and adjusting your hair care routine accordingly, you can optimize your hair's health, improve its appearance, and confidently embrace your unique style. Remember: every hair type is beautiful and deserves to be admired.

Clean your hair

Cleaning your hair is crucial to a man's hair care routine. It removes dirt, excess oil, product buildup, and impurities from the scalp and hair strands, creating a clean and healthy foundation for optimal hair health and styling.

Proper cleaning keeps your hair fresh, promotes a balanced scalp environment, and reduces the risk of dandruff or scalp irritation.

Choose the right shampoo: Choosing the right shampoo is crucial for effective hair cleaning. Consider your hair type and any specific concerns you may have, such as dryness, oiliness, or dandruff. Look for shampoos that are specifically designed for men and tailored to your specific needs. For example, if you have oily hair, opt for a clarifying shampoo that removes excess oil without stripping it of important moisture.

Wet your hair: Before applying shampoo, wet your hair thoroughly with lukewarm water. This helps to loosen any dirt and product residue and ensures that the shampoo is evenly distributed throughout the hair.

Apply shampoo: Take a small amount of shampoo in your palms and lather it by rubbing your hands together. Gently massage the shampoo into your scalp with your fingertips, focusing on the roots and areas prone to oiliness. Avoid applying excessive force or scratching the scalp, as this may cause irritation.

Rinse Thoroughly: After massaging the shampoo into your scalp, rinse your hair thoroughly with lukewarm water. Make sure to rinse out all shampoo residue completely, as product residue can weigh your hair down and cause buildup.

Shampooing Frequency: Hair shampooing varies depending on individual factors such as hair type, scalp condition, and personal preferences. While some men benefit from washing their hair every day, others may find that washing their hair every other day or a few times a week is enough. Over-washing can strip hair of its natural oils and cause dryness. Therefore, find a balance that works best for your hair.

Moisturize your scalp: Remember to moisturize your scalp too. A dry scalp can cause itching, flaking, and discomfort. Apply a scalp moisturizer or oil and massage into the scalp to promote circulation and nutrition.

Proper hair drying techniques

Drying hair is an important step in a man's hair care routine, and using the right techniques can contribute to healthier, more manageable hair. Improper drying methods can cause damage, frizz, and breakage. By using the right techniques, you can minimize the risk of hair damage and achieve the style you want while maintaining the overall health of your hair.

Towel Drying: After washing your hair, begin by gently towel drying it. Pat your hair with a soft, absorbent towel to remove excess water. Avoid rubbing vigorously, as this can cause friction and hair breakage or frizz. Instead, gently squeeze and pat your hair to remove moisture.

Air Dry: If you have the time, it can be beneficial to let your hair air dry. After towel drying your hair, leave it alone and let it dry. This technique aids in preventing heat damage brought on by excessive hair dryer use.

Heat Protection: When using a hair dryer, it is important to protect your hair from excessive heat. Apply a heat-protectant spray or serum before using heat styling tools. This helps create a barrier between the heat and your hair, minimizing damage and dryness.

Optimal heat setting: Set your hair dryer to a medium or low heat setting, not the highest. High heat can damage your hair and cause dryness and breakage. Use a diffuser attachment to distribute the airflow evenly and minimize the direct effect on your hair. Keep the dryer moving. Avoid concentrating heat on one area for too long.

Move the hairdryer continuously, keeping a distance of about 15 to 20 cm from your hair. This prevents overheating and reduces the risk of damage.

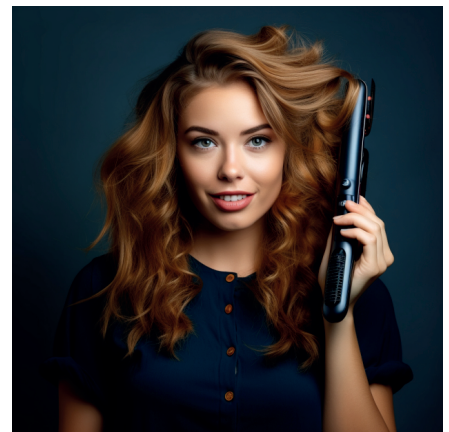
Directional Drying: Use a round brush or fingers to achieve the desired style or add volume while drying your hair. Gently lift the hair at the roots and direct the airflow in the same direction as the hair growth. This technique helps create bounce, fullness, and smoothness.

Cool blast of air: Finish your blow-drying routine with a blast of cool air from the hair dryer's cold air button. Cool air helps seal the hair cuticle, improving shine and reducing frizz. This step also helps lock in your style and improve its longevity.

4 Advanced Techniques For Healthy Hair

4.1 Heat Styling Safely

Heat protectant sprays can prevent split ends, dryness, and serious breakage thanks to their hydrating, strengthening, and shielding ingredients. However, keep this in mind: you must choose a formula that is suitable for your hair type.



Heat protectant sprays do not prevent hair damage from heat styling tools. All you can do is minimize the damage. If you notice dry, brittle, frizzy, and split-end-prone hair, your hair may be damaged and needs proper care.

Hair masks, deep conditioning treatments, repairing hair shampoos, and hair trimming can help damaged hair.

How do I find the best heat protector for my hair?

1. Consider your hair type

Many heat protection sprays on the market are customized depending on your hair type.

2. Consider the texture

You may want to invest in a lightweight, non-greasy formula that won't leave any residue on your strands. If you have colored hair, look for sprays labeled "Safe on Colored Hair."

3. Consider sulfate-free and paraben-free formulas

Since the product is a leave-on product, you don't want to risk your scalp and hair with these irritants.

4.2 Protecting Hair From Environmental Damage

From car exhaust fumes to smoking industrial chimneys: the air we breathe is becoming increasingly dirtier, especially in large cities. This not only has a negative impact on the environment but also on our bodies. The dirt that we breathe in every day puts a strain on the respiratory tract and promotes the development of serious illnesses. But it's not just our health that suffers from the polluted air: scientists have now discovered that environmental pollution also puts a lot of strain on our hair. What consequences this have for our mane and how can you protect it from fine dust?



So it's high time to take the right care measures. We'll explain in detail here what you can do about pollutants in the air

How to properly protect your hair from environmental dirt?

So it's high time to take the right care measures. We'll explain in detail here what you can do about pollutants in the air

Wash regularly

The more sebum there is on the scalp, the more likely pollutants from the air are to deposit on it. That's why it's important to wash your hair regularly and remove excess oil. But be careful: excessive care is just as harmful as careless care. If you use shampoo, etc., too often, you deprive your scalp and hair of natural oils that play an important role in their protective barrier. To prevent even more problems, it is best to clean your mane every other day with mild, pH-neutral products.

Use deep cleansing care products for your hair

It is also recommended to use special deep cleansing products once a week that deeply cleanse the scalp and hair, remove build-ups and coat the hair like a protective shield. The mane quickly feels clean, light, and supple again.

Some heat protectant sprays contain silicones (such as dimethicone and cyclomethicone), while others contain water-based polymers (such as polyquaternium and acrylate copolymers).

UV protection for hair

Pollutants from the air make hair more sensitive to UV radiation, which makes it all the more important to protect it - just like our skin - from the sun every day. There are already numerous care products, such as leave-in sprays or shampoos, that, thanks to special active ingredients, form a kind of protective film to prevent UV damage.

4.3 Hair Styling Tools And Techniques

Hair dryer: A tool used to dry hair and style it. It blows hot air onto the hair to speed up the drying process.

A straightening iron: A tool used to straighten hair by applying heat to it. It can also be used to create curls or waves.

Curling iron: A tool used to create curls or waves in hair by applying heat to it.

Hot rollers: A set of heated rollers used to create curls or waves in hair

Hairbrush: A tool used to detangle hair and distribute natural oils throughout it.

Comb: A tool used to detangle hair and create precise parts.

Hair clips: Clips are used to section off hair while styling.

Hair pins: Bobby pins are hair pins used to keep hair in place.

Hair ties: Hair ties are elastic bands used to secure hair in a ponytail or other hairstyle. Hair bands are fabric bands that are used to hold hair in a ponytail or other hairstyle.



5 Hairstyles For Every Occasion

5.1 Everyday Hairstyles For Various Hair Length

A hairstyle trend that suits everyone: hip, layered cuts for every hair length

If you always end up in a hair dilemma, then we have now found the perfect hairstyle trend for you. Because the change to the hairstyle that we would like to show you today is minimal, but has a maximum effect.

Hairstyle trend: Layered cuts suit everyone and look great on all hair lengths

Layered cuts are actually intended to take fullness out of very thick hair and allow the hair to fall looser, lighter and softer. Depending on hair length and haircut, layers can conjure up very different effects. They create contours, look fresh and give us absolute styling freedom. That's why layered cuts are popular for everyone with fine and thin hair or short and (medium) long hair.

Here we show how the trend hairstyle can be worn straight with different hair lengths and structures:

1. Hairstyle trend: Layers in XL hair

Very long hair, without any cut or layers, quickly looks like a care-less Rapunzel. Layers that start below the chin give the face a nice frame and make XL manes look well-groomed and styled, like here on the Scandi girls Emili Sindlev and Lovisa Barkman.

2. Hairstyle trend: Pixie with layers

The striking short hairstyle thrives on structure and volume. Fine or frizzy hair in particular benefits from layered cuts. This makes the pixie look young, cool and casual. Layers can be used to create a lot of fullness in your hair.

3. Hairstyle trend: Bob hairstyle with layers

Strict bob hairstyles with a straight cut, as we know them from fashion icon Victoria Beckham, are out this season. Soft layers now ensure lightness in bob lengths. In this hairstyle trend, the hair is only gently layered from the level of the ears and in the chin area. Cool, because you can save yourself the hassle of complex styling with a hairdryer and curling iron.

4. Hairstyle trend: Medium-length hair with a layered cut

A layered front section is her trademark: actress and superstar Jennifer Aniston has been wearing the iconic haircut for decades. Smart, because medium length hair is difficult to style. Curls hang out in no time and one-size-fits-all hair quickly looks like spaghetti hair. Layers from the chin area make particularly thin hair appear fuller.

5. Hairstyle trend: The layered shag

It's probably the coolest hairstyle of the moment: the shag. With the trend hairstyle, the hair is cut to approximately shoulder length and layered unevenly and fringed.

Basically every woman can wear long hair! If you have fine, thin hair, you can add more volume to your hair with a layered cut or styling options such as casual beach waves . Long, straight hair and a slightly feathery cut are visually elongating and are therefore ideal for round, full face shapes. If you have very narrow features and a rather elongated face, a half-length, slightly layered cut with bangs is more suitable, as it does not visually elongate the face any further. Striking or angular facial contours make long hair appear softer and more feminine. Whether it's a ponytail , an updo or a curly mane: long hair offers you endless styling options!

5.2 Elegant Updos And Special Occasion Hairstyles

A beautiful head of hair with that certain something is sure to attract everyone's attention at events. Whether simply pinned, with pretty hair accessories or elaborately styled by a hairdresser, there is definitely something to suit everyone. Here we'll show you ideas for the most beautiful, elegant and trendy hairstyles for New Year's Eve, Christmas, the graduation ball, weddings etc. Have fun getting your hair done and then celebrating!

Regardless of whether you are the main person at an event or a guest: On special occasions, such as weddings or birthdays, the preparations for make-up and hairstyle can be a little more extensive. In addition to a special outfit, this also includes a hairstyle that is not necessarily everyday. However, it is not absolutely necessary to make an appointment with the hairdresser directly.

I'll show you festive hairstyles that can also be wonderfully recreated in the bathroom at home. Pin it up, twist it, wrap it and braid it - maybe there are a few ideas for you.

Festive creations: updos from casual to elegant

If you're looking for inspiration for possible festive hairstyles, you

can't ignore updos. However, most people initially shy away when they hear the word "updo". "Too elaborate" or "too old-fashioned" are the most common prejudices that a pretty updo has to combat these days. This doesn't necessarily have to be complicated or elaborate to create a noble impression.

- **Loose updos**

If you find updos too staid, you should style them in an "undone" look: a few plucked strands loosen up the look wonderfully. As with so many things, the same applies to updos: once you get the hang of it, you've already overcome the first hurdle.

One option, for example, is to use a hair clip. After tying a medium-high braid, flip the ponytail up and secure it with a clip above the hair tie. Finally: Let the remaining hair fall over the clip.

- **Updo at the back of the head**

For anyone who is wavering between an updo and an open mane when it comes to festive hairstyles, the updo at the back of the head is a potential compromise. To do this, separate the upper section of hair and tease the hair at the roots. Secure the teased strands with a clip or a braid elastic and carefully pull individual strands out at the roots and let them fall over your face. With an updo at the back of the head, you can also consider - depending on the occasion and taste - whether you want to wear the untucked hair wavy or straight. The hairstyle can also be varied again by the strength of the backcombing at the back of the head.

- **Chignon updo**

Because the chignon is a true all-round talent: it can be combined in a classic, chic or sporty way. A bun pillow is suitable for more support. Simply pull the hair through the pillow, distribute it evenly over it and secure it with an elastic. Wrap the remaining hair around the pillow and finally secure it with a hair clip or hairpins. For a particularly beautiful shape, lightly tease the front section of

hair at the roots. The same applies here: for something less strict, simply pluck a few small strands from the sides - and your festive hairstyle is ready!

- **The low bun**

Classic and chic, the low bun. This hairstyle suits every Christmas and exudes French charm. Comb your hair straight and place a thin hair band over it. Divide the hair into three sections. Pin the three sections of hair into the hair band, strand by strand: this is how you create a beautiful hair wreath. Secure everything thoroughly with hair clips and hairspray. If you want something a little more playful, loosen a few strands from your crown of hair and let them fall loosely over your face.

- **The ballerina bun**

This is the stricter version of the low bun: timeless, elegant, feminine. Tie your hair into a ponytail. Optionally, you can tie a hair pillow around the braid. This will make your bun gain volume. Tie the hair into a bun around the hair pillow. The ends of the hair on the sides should still be loose. Finally, wrap the ends of your hair around the finished bun and cover your hair tie. For extra glamour, you can style your bun with a silk scarf or velvet scrunchie.

Festive hairstyles for short hair

Even women who have short hair can put it up and create festive hairstyles. Although it won't be a banana or a voluminous bun, there are a number of other glamorous updos waiting for you.

Festive hairstyles for medium length hair

If you have hair down to your shoulders, a banana is an ideal festive hairstyle. The look works best with hair that has been washed the day before. Then they have a better grip and are easier to shape. Brush your hair to one side of your shoulder and secure it in the middle of your head with bobby pins.

Festive hairstyles for long hair

Women with long hair often have the problem that the previously painstakingly twisted curls or meticulously pinned hair either no longer holds after two or three hours or slips out of its original place. Hair looks that contain a braided element are therefore suitable as holiday hairstyles that should last at least the whole day and half the night. For a chignon or a low ponytail, you can ensure ultimate hold by weaving a slightly wider section of hair along the head on both or just one side.

Gentle waves for a romantic look

If you have long hair, show it off for an evening: Soft, large curls not only look beautifully romantic and playful and underline your feminine side, but also conjure up volume and movement in your hair. To achieve this look, wrap your hair strand by strand on a curling iron. Always turn them in the same direction away from your face to get uniform waves. Then fix the whole thing with hairspray. Optionally, you can tie your romantic waves into a low ponytail. Tie a silk scarf over the normal hair tie. This ensures a festive finish with a touch of exclusivity.

Half-open hair

If you have medium to long hair, you can create the most beautiful and simple festive hairstyles by pinning the front sections of your hair up or back. Your face remains free and your hair doesn't get in the way when dancing is a little wilder. The same rule applies here: do not wash your hair before styling so that it has a nice grip.

Comb your hair straight and tie your top hair together at the back of your head. Now take another strand of hair from the left side and pin it over the braid with a hairpin. The hair tie should no longer be visible. Repeat the same thing on the right side and finally take another strand of hair from the left side and pin it in the same way. Fix the whole thing with hairspray.

Sleek ponytail

It ensures an elegant appearance and exudes a bit of luxury: the sleek ponytail. Wear exquisite earrings and sophisticated makeup with this sleek, shiny look. Because your face is free of hair, accessories and jewelry can really show off. For that extra festive sleek look, wash your hair and treat it with a smoothing hair serum or hair oil to prevent flyaway hair. Then dry your hair with a hairdryer and paddle brush and pre-straighten it. When the hair is completely dry, work your hair strand by strand with the straightener. Finally, tie it into a low ponytail and wrap a strand from the back around the hair tie and secure it with a hairpin.

If you don't like braided hairstyles or can't or don't want to braid, you can use small braid elastics and use them to create accents in a ponytail, for example. How can you create a glamorous look from a ponytail in minutes using elastic bands? With the Bubble Tail!

5.3 Braid Hairstyles

Romantic braid

Feminine and romantic, this braid looks like it was woven. You have to have a skillful hand, but a romantic braid is still easier to do than you think. Place a few strands of top hair next to you on the right and left and tie them together at the back of your head. Then braid the braid: alternately take strands from the right and left and wrap them in the middle of the braid. Finally, secure the end of the braid with a thin hair tie and plenty of hairspray.

Noble braided wreath

The elegant braided wreath is the perfect hairstyle for festive occasions and is much easier to style than it looks. To do this, take a section of hair on the right and left and braid it. Then place the braided braids at the back of your head to the other side. Secure the ends of the braid with a hairpin or a stylish hair clip. Fix with hairspray and radiate glamor!



6 Hair Care Tip For Different Hair

6.1 Summer Hair Care Essential

As the sun begins to shine brighter and the days grow longer, we all eagerly await the arrival of the sultry, joy-filled summer months. The pool parties, beach trips and sun-soaked picnics are just a stone's throw away. However, while we diligently apply sunscreen to protect our skin, we often overlook a critical aspect of our summer health routine - our hair. Yes, those bright summer rays can be just as damaging to your curls as they are to your skin.



In the hustle and bustle of summer fun, it's easy to forget that our hair, just like our skin, needs special attention. The sun, with its harmful ultraviolet rays, can wreak havoc on our luscious hair, causing dryness, split ends and fading hair color. Add to that the unrelenting humidity, exposure to pool chlorine and salty seawater, and you have the perfect storm for hair damage.

But don't worry, summer doesn't have to mean doom for your hair. With the right care, protection and a little hair love, your tresses can remain as vibrant and healthy as ever, even in the midst of the summer heat. In fact, with the right summer hair care routine, you can transform the season of sunshine into a season of bright, shiny, and resilient hair. So why is summer hair care so important? Because your hair tells a story about you. It is a reflection of your health, your style and your personality. It's part of who you are. By taking care of your hair, you are not only taking care of a physical attribute, but also a part of your identity.

Summer hair essential

As the seasons change, so should the items in your hair care kit. Summer requires a change in your hair care equipment, much like a gardener changes his tools with the seasons. Here are some of the must-have tools you need to keep your hair looking its best all summer long:

UV Protection Sprays: Think of a UV protection spray as your hair's exclusive sunglasses, specifically designed to protect against the sun's intense and often damaging rays. Similar to skin sunscreen, these sprays work to protect your hair by providing an invisible barrier that helps prevent damage from UV radiation. Enriched with various beneficial ingredients, UV protection sprays not only protect but also nourish your hair. They are typically enriched with antioxidants, vitamins and oils that provide your hair with essential nutrients while keeping it hydrated, soft and shiny.

Deep Conditioning Hair Masks: Think of a deep conditioning hair mask as a revitalizing spa trip just for your hair. This intensive treatment is specifically designed to replace moisture and essential nutrients lost in sun, sea and chlorinated pools. Natural oils, vitamins, proteins and antioxidants penetrate the hair shafts, restoring moisture balance and strengthening the natural structure. The result is not only protected hair, but also vibrant, soft and healthy hair.

Anti-Frizz Serums: Think of an anti-frizz serum as a sophisticated calming agent designed to calm the untamed beast called frizzy hair. This potent blend works tirelessly to keep frizz under control, leaving your hair smooth, stylish and manageable even in the harshest and humid conditions. Anti-frizz serums are usually enriched with a variety of nourishing ingredients such as natural oils, silicones and vitamins. These ingredients not only help tame frizz but also add shine to your hair and keep it looking healthy and vibrant. They also have a hydrating effect on your hair, reducing the potential for frizz and dryness.

Lightweight Styling Products: Lightweight styling products could be compared to your hair's breezy summer wardrobe - light, airy and comfortable. These products allow you to style your hair with ease, without the burden of heaviness or the discomfort of greasiness. With a unique blend of lightweight yet effective ingredients, these products provide the hold and control you need without compromising your hair's natural movement and shine. They often contain nourishing components such as natural oils, botanical

extracts and vitamins that contribute to the overall health and appearance of your hair.

Think of these homemade hair masks as your secret garden, full of the best natural ingredients to nourish and protect your hair. Let's enter this garden and discover how to create your own hair masks.

Avocado and Honey Hydrating Mask: Like a soothing green balm for your parched hair, this mask is packed with the hydrating powers of avocado and honey. Simply mash a ripe avocado and mix it with two tablespoons of honey. Apply this creamy mixture to your hair and leave it on for 30 minutes before washing it out. The result? Hair that feels as soft and supple as a summer breeze.

Banana and yogurt anti-frizz mask: Imagine a tropical smoothie for your hair, minus the straw. This mask harnesses the anti-frizz properties of banana and the nourishing power of yogurt.

Puree a ripe banana with two tablespoons of natural yogurt. Apply the mask to your hair and let it work its magic for 30 minutes before rinsing. You'll be left with hair that's tame and manageable even on the wettest days.

Coconut Oil and Lemon UV Protection Mask: Imagine a sunblock smoothie for your hair, with coconut oil providing a natural SPF and lemon acting as a natural shine enhancer. Mix two tablespoons of coconut oil with the juice of half a lemon. Massage the mixture into your hair and leave it on for 30 minutes before washing it out. This mask not only helps protect your hair from UV rays but also leaves it shiny.

6.2 Winter Hair Care Strategy

Both winter and summer are extremely unfavorable seasons for our hair if we don't know how to care for it properly. Low temperatures, wind, rain, snow, central heating and dry air. All of this leaves consequences on the hair and damages your hair. In

order for your hair to stay healthy and shiny even in winter, it needs protection.

And here are some simple tips for hair care in winter.

1. Protection with headgear

This is important in winter: cover your hair with a hat or scarf to protect it from drying out due to cold, rain and snow, otherwise your hair will become brittle.

Wool, cotton and similar materials can also cause hair breakage, so the hat should be lined with silk or satin. To avoid static electricity, use a dry oil or oil spray before applying the cap as they contain natural minerals that nourish the hair and give it shine.



2. Humidifier

Since the air in the rooms where we stay in winter is extremely dry, this leads to hair loss and they dry faster. If possible, make sure you have humidifiers in your hair dryers as they provide natural moisture to your hair.

3. Go to the hairdresser regularly

Hair should be trimmed every 4 to 8 weeks to keep it healthy and shiny. It is enough to remove an inch or two of hair ends to avoid damage.

4. Do not use hot water

Although a warm shower is what you most look forward to, it can dry out your hair, leaving it brittle and dull. Wash them with lukewarm water and rinse with cold water.

5. Avoid dryers and irons

It would be better to let your hair dry alone as blow-drying increases the chances of breakage. Drying them without a hair dryer will definitely preserve their health and beauty. Wash your hair in the evening and let it dry while you sleep.

6. Don't leave the house with wet hair

Wet hair is much more delicate than dry hair, and if you walk in cold air with wet hair, it can freeze and break, and you can also get sick.

7. Use of oil

If the cold air damages your hair, restore its moisture with the help of oil. Use light, dry oils and apply gently to the ends of your hair every day. Important if you always style your hair with a blow dryer and straightener.

8. Don't forget the mask

Like face masks, hair masks should be a part of your care and can help a lot in preventing injuries due to the cold air. It is usually recommended to leave them on your hair for 20 minutes and then wash them off with lukewarm water.

9. Don't wash your hair too often

If you wash your hair every day, it's time for a change. Washing your hair too often irritates your scalp and deprives it of natural oils that serve as protection. This is particularly important in cold temperatures. Try to wash your hair as rarely as possible. So if you wash your hair every day, try waiting three days before washing it again or use dry shampoo or powder.

6.3 Transitioning Hair Care Between Seasons

The health of your hair depends not only on what nutrients are supplied to it, what cosmetic products you buy and what lifestyle you lead. The seasons also have a decisive influence on hair condition. Climate conditions are very relevant and should be taken into account when choosing appropriate hair care.

Every season can have a negative impact on the condition of your hair. Is it possible to prevent a disaster as early as possible? How do you prepare your hair before a specific season? How can you protect the hair strands from frost, heat, sun or wind? What to do to avoid seasonal hair

loss? It is worth taking a look at a year from the life of hair and learning the rules of care for each individual season.

Summer is a wonderful time of year – we associate it with warmth, relaxation, sunshine and energy for action. However, our hair is not looking forward to summer. It turns out that summer is the worst season for our hair.

What harms your hair in summer?

Hair is affected in summer by the worst duo we can imagine. It's sun and water. If you are planning a vacation by the sea, do not forget that wet hair after a swim in the sea is particularly sensitive to the effects of the sun. Water acts like a lens on the sun's rays - it collects harmful UV rays, which quickly damage the hair structure. That's not all: together with salt in the water, the sun's rays damage the lipid layer of the hair. As a result, the hair strands lose natural protection and become vulnerable to injury. High temperatures lead to water loss, which is why hair strands dry out faster than in other seasons.

How should your hair be cared for in summer?

What can you do to enjoy summer without damaging your hair? After visiting the beach, you should wash salt water out of your hair - use a gentle hair shampoo with moisturizing and softening properties. Reach for a hair conditioner every time you wash your hair. You should use a regenerating and moisturizing hair mask twice a week - a product that contains natural plant extracts, such as caviar, aloe vera and honey, would be ideal.

Take advantage of the beneficial properties of natural plant oils. Focus on hair care with oil once a week: apply a good mixture of natural oils to the hair and scalp for 30 minutes. When the time is up, shampoo the hair and use a natural hair conditioner.

Rub a hair oil into the ends of your hair throughout the day and do

not rinse it out - the product protects the hair strands from harmful UV rays.

Reach for an herbal infusion the last time you rinse your hair. This can be an extract of horsetail, nettle, licorice or chamomile.

It is worth limiting the use of the hairdryer in summer - the hot air from the device leads to excessive dryness of the hair. It is undoubtedly better to allow the hair to air dry on its own. On hot summer days this really takes a while.

It would be best to protect your hair using a hat, headscarf or racing cap. Thanks to a head covering, not only the hair but also the scalp is protected - you can avoid serious burns to the scalp.

Hair care in autumn

Autumn is a time of year when hair has a break. They then try to regenerate themselves after the hot and unfavorable summer. Do they succeed?

What harms your hair in autumn?

The hair and scalp, which are dry after summer, try to optimize their hydrolipidic coat in autumn. The sebaceous glands produce too much sebum to improve the situation. For this reason, many women complain about excessively greasy hair and dry hair ends in autumn. It is also noteworthy that hair falls out excessively during this season. This is a transitional period - the climate and weather are changing dramatically, which has a major impact on changes in the hormonal balance of the organism. Estrogen levels decrease (they are highest in summer and spring) and testosterone levels increase. Hair that was previously in the growth phase ends its life cycle.

How should your hair be cared for in autumn?

What is the best way to combat seasonal hair loss? What can you do to ensure scalp balance?

Hair loss in autumn is a normal situation and you should not

worry. It is completely normal for your hair to change during this time. It is worth waiting out the seasonal crisis and not forgetting that in this rainy season you can lose up to 100 hairs per day.

You should think about a proper diet - it could help you fight excessive hair loss. If you introduce unsaturated fatty acids into your diet, you will strengthen your hair before the frosty winter. So don't forget to take vitamins and proteins (basic elements of hair).

It is recommended to opt for a bold action in autumn and shorten your hair - this way the hairstyle will become more light and the dry ends of the hair will be removed.

Moisturizing the hair is still important: although the hair strands do not need as intensively moisturizing cosmetic products as in summer, it is still necessary to moisturize constantly. Otherwise, too much sebum will be produced.

If you want to optimize the processes on the surface of the scalp, choose hair oils containing squalane (an element of human sebum). Squalane normalizes sebum flow, thus reducing excessive sebum secretion and strengthening the hydrolipidic layer when the skin is too dry.

Autumn hair loss can be somewhat limited if you treat your hair more gently: do not rub it with a towel, do not pull it when brushing it and do not wash it with hot water (you could weaken the hair bulbs).

How should your hair be cared for in summer?

What can you do to enjoy summer without damaging your hair? After visiting the beach, you should wash salt water out of your hair - use a gentle hair shampoo with moisturizing and softening properties.

You should use a regenerating and moisturizing hair mask twice a week - a product that contains natural plant extracts, such as caviar, aloe vera and honey, would be ideal.

Take advantage of the beneficial properties of natural plant oils. Focus on hair care with oil once a week: apply a good mixture of natural oils to the hair and scalp for 30 minutes. When the time is up, shampoo the hair and use a natural hair conditioner.

Rub a hair oil into the ends of your hair throughout the day and do not rinse it out - the product protects the hair strands from harmful UV rays.

Reach for an herbal infusion the last time you rinse your hair. This can be an extract of horsetail, nettle, licorice or chamomile.

It is worth limiting the use of the hair dryer in summer - the hot air from the device leads to excessive dryness of the hair. It is undoubtedly better to allow the hair to air dry on its own. On hot summer days this really takes a while.

It would be best to protect your hair using a hat, headscarf or racing cap. Thanks to a head covering, not only the hair but also the scalp is protected - you can avoid serious burns to the scalp.

Hair care in autumn

Autumn is a time of year when hair has a break. They then try to regenerate themselves after the hot and unfavorable summer. Do they succeed?

What harms your hair in autumn?

The hair and scalp, which are dry after summer, try to optimize their hydrolipidic coat in autumn. The sebaceous glands produce too much sebum to improve the situation. For this reason, many women complain about excessively greasy hair and dry hair ends in autumn. It is also noteworthy that hair falls out excessively during this season. This is a transitional period - the climate and weather are changing dramatically, which has a major impact on

changes in the hormonal balance of the organism. Estrogen levels decrease (they are highest in summer and spring) and testosterone levels increase. Hair that was previously in the growth phase ends its life cycle.

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Hair care in winter

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What harms your hair in winter?

Particularly damaging winter influences include low temperatures and frost. It is cold outside and inside the hair is affected by the dry air of heated rooms (it can be as harmful as frost). A sudden change in temperatures (when you leave the heated rooms and go outside or vice versa) causes thermal shock to the hair: the blood vessels are narrowed and the hair follicles lose their vitality. A hat can disrupt the microcirculation of the scalp, but it is also not a good idea to go without the hat (this is an easy way to damage the hair follicles and cause excessive hair loss). Many women make a big winter mistake and use too many hair styling products (they still want to have a nice hairstyle, after they take off the hat). In this way, the sebaceous glands become blocked and the functioning of the sebaceous glands is disrupted.

How should hair be cared for in winter?

What can you do to protect your hair from winter, ie the frost and the dry air from the radiators?

Provide the body with water – drink 1.5-2 liters of water throughout the day. In this way you can prevent hair dryness and slow down excessive moisture loss.

Don't forget that your organism needs vitamins - the blood vessels constricted by the cold supply the hair with a small dose of nutrients. In addition to a diet rich in fruits and vegetables, you should also use vitamin-rich hair conditioners and hair masks. A good idea is to purchase a hair oil that can be applied to the scalp, such as coconut oil or avocado oil. Apply the oil to the hair strands and scalp at least once a week.

Natural oils form a natural barrier on the hair that protects against external influences and prevents the absorption of toxins beneath the cuticle. It is worth rubbing a small dose of the selected hair oil into the lower part of the hair every day.

When buying a hat, do not forget that it should be a little permeable to air - this way you guarantee adequate circulation to the scalp. This way you can avoid dandruff and excessive pain.

Choose a mild hair shampoo with a normalizing and moisturizing effect - a gentle children's shampoo would be an ideal solution. It soothes irritations and subtly cleanses the skin.

Hair has a tendency to become electrified in winter. For this reason, you should choose cosmetic products with liquid silk. It is also worth noting that a cap made of synthetic fabrics increases the electrification of hair - so choose a cotton cap.

Limit the use of hair styling products - they have a comedogenic effect on the scalp and clog the sebaceous glands. If you cannot completely do without such products, choose natural and light hair sprays or hair lotions.

Spring hair care

In winter, hair loss is not as excessive as in autumn, but the problem affects many people. Hair is weak in winter and needs a large dose of vitamins and minerals. If they don't get the nutrients they need, they end up on the ground. It should not be forgotten Your scalp will be healthy if you use a natural hair shampoo. The cosmetic product for hair washing should be free of comedogenic silicones and parabens.

Hair weakened in spring requires gentle treatment. In this regard, choose a coarse-toothed comb (eg a neem tree comb).

that many hairs end their life cycle in spring. In relation to this, it is normal that you find more hair in the hairbrush.

What harms your hair in spring?

In spring the hair has a chance to restore balance. The scalp cleanses itself, the flow of pain is optimized and the appearance of the hair is improved. The hair strands are often stressed after the winter and the hair bulbs are clogged with cosmetic products, sebum and dust - no nutrients are then absorbed by the scalp. Spring is often as rainy and changeable as autumn. For this reason, it is very important to protect your hair. At least grab an umbrella. Seasonal or spring hair loss is a popular problem. Excessive hair loss is closely linked to climate changes and can last even 2 months.

How should your hair be cared for in spring?

What can you do to regenerate your hair after the harsh winter and help with seasonal hair loss (or spring hair loss)?

Do you want to check what condition your hair is in after winter? It's worth doing a hair porosity test. Thanks to the test, you will find out whether your hair condition has deteriorated and your hair porosity has increased. With such knowledge, it will certainly be easier to choose appropriate care.

You can also determine the condition of your hair by observing your own hair. Pay attention to how your hair behaves when you don't use hair conditioners and hair sprays. If they become greasy quickly, it is essential to cleanse the scalp - then reach for a special peeling or a green clay hair mask.

Dry and dull hair after winter can be improved thanks to hair care with oils. You can apply the natural oils to the hair and scalp every other or third day.

Your scalp will be healthy if you use a natural hair shampoo. The cosmetic product for hair washing should be free of comedogenic silicones and parabens.

Hair weakened in spring requires gentle treatment. In this regard, choose a coarse-toothed comb (eg a neem tree comb). The hair should also not be rubbed or pulled. Also be careful when styling your hair - do not tease it, tie it tightly or overstress the hair bulbs.

When blow-drying your hair, always choose a cool breeze - your hair will undoubtedly thank you because it won't lose water.

7 Embracing Natural Hair

7.1 Caring For Natural Hair

Chemistry isn't always a bad thing, but these days many care products are full of unnatural ingredients - which can often even be harmful. That's why the trend is moving more and more towards natural cosmetics and natural alternatives, including in hair care. Shampoos without silicones and hair products for proper care are very popular. You can now find out exactly what you need to do for healthy hair and what else there is to know about natural hair care.

You should avoid these ingredients in your natural hair care routine. What artificial ingredients are we talking about here? This particularly concerns sulfates, parabens, but also unnecessary silicones. These are particularly popular in the production of conventional hair care products. After a while, however, these form a layer around the hair, sticking it together and making it weak, tired and heavy.

Natural hair care for more volume

For more volume, you should put as little strain on your hair as possible and use natural hair care products that don't weigh you down. The best way to care for your hair is with castor oil or vegetable keratin such as wheat and silk protein, guar gum or white clay.

Natural hair care for shiny hair

You can easily conjure up natural hair care for more shine yourself: simply integrate regular treatments with plant oils, oat extract and apple cider vinegar into your hair care.



Natural hair care for dry hair

Dry hair should not be over-treated and the best way to regain strength is with the help of olive, coconut or argan oil. There are also special natural intensive care products that give your hair the moisture it needs back.

Natural hair care for dry scalp

Even with natural hair care, our scalp occasionally comes up short. Once it gets out of balance, it needs gentle treatment, without any chemicals. I recommend scalp care with herbal extracts and activated charcoal.

Make your own natural hair care products

Natural care for beautiful hair is super easy to do yourself. Hair treatments are the most effective. That's how it works:

1. Mix 4 tablespoons of healing clay with 400 ml of warm water and 2 tablespoons of vegetable, nourishing oil.
2. Now apply the treatment to your hair and let it work for 10 to 30 minutes.
3. Now everything is rinsed thoroughly - please make sure that there are no residues left in your hair!

Natural hair care: tips & tricks

Our conclusion: "Back to the roots" is the motto for natural hair care . We don't need countless hair care products and should sometimes use what's already in our kitchen (like oils and apple cider vinegar). And don't forget to use products that don't just consist of chemicals!

The three most important tips for washing your hair:

1. Use lukewarm water to wash your hair . Hot water can lead to dry scalp, dandruff and a dull mane. Why? Because hot water contains more lime, which remains after washing.

2. Don't massage your scalp too much when shampooing. This stimulates sebum production, which means the hair becomes greasy again more quickly. If you have a dry scalp, however, a massage can be very beneficial.

3. The less often you wash your hair, the healthier it is for your scalp and hair structure: every two to three days is enough. If you wash your hair every day, your scalp will become greasy more quickly. However, she will quickly get used to it if you reduce the amount of hair washing to two to three times a week.

7.2 Styling Tips And Technique For Natural Hair

Styling starts with combing your hair. It is important to find the golden mean: comb not too often and not too rarely. Before showering, after washing your hair and after getting up is usually sufficient.

Whether curls or straight hair: combing works best with wet hair. Start at the ends and then slowly work your way up to avoid tangles and uncomfortable tugging.



Brush or comb? The rule of thumb is: comb wet hair with a comb and brush dry hair with a brush. When buying, look for natural bristles - they are gentle on the scalp and the environment. Especially if you often have flyaway, i.e. anti-statically charged hair, you should use a wooden comb instead of using one made of plastic.

7.3 Inspiring Natural Hair Journey

The optimal hair care

Now it's time to get down to business: hair care. With the right care, the mane stays healthy and has a beautiful shine. It depends on your hair type which care routine is suitable for you.

1. Hair care for normal hair

You don't have greasy roots or dry ends? Then you can be happy, because normal hair is not very demanding. To keep your hair healthy, you can add a few drops of oil to the ends after washing your hair as a leave-in treatment - without rinsing it out again. This protects the tips from drying out and ensures beautiful color reflections. Coconut oil , argan oil or jojoba oil are suitable for this .

2.The best hair care for dry hair

Strawly strands are often caused by excessive styling , bleaching and coloring, as well as cold temperatures, sun and other environmental influences. An oil treatment once or twice a week helps to keep your mane shiny. Depending on the length of your hair, add 2 to 4 tablespoons of coconut oil, olive oil or argan oil to the roots, lengths and ends and distribute it. The longer the exposure time, the more effective the treatment. Wrap a towel around your hair and let the oil treatment take effect overnight . Then wash out the oil thoroughly with shampoo and let your hair air dry.

3.Hair care tips for oily hair

If the scalp produces a lot of oil, the right amount is important: too much care is not the right thing here. The best thing to do is to try to break the habit of washing your hair every day . A hair mask with healing clay and tea tree oil also helps to reduce sebum production and remove excess fat naturally and gently.

To do this, mix 4 heaped tablespoons of healing clay with about 2 tablespoons of boiled, cold water and 5 drops of tea tree oil. Apply the mask and leave it on for about 15 minutes . Then rinse well and wash your hair as usual.

8 Personalised Hair Care Recommendations

8.1 Introduction To Personalized Hair Care

In order to get more out of your personal beauty routine, it is not only essential to choose high-quality hair and skin care products. At least as important as the quality of the products is that they are tailored to the needs of hair and skin. But what if you are somewhere in between or your hair not only needs moisture, but you also want to protect the ends from frizz and soothe a sensitive scalp.



Hair care can be so personal: Yours Truly matches shampoos etc. to your hair ID. Daily hair care should show the hair at its most beautiful side: clean it of dirt, sebum and styling residue, refresh it and intensively care for it with powerful active ingredients. The wishes are very different, because while some want more volume, others lack moisture or the hair needs an intensive strengthening treatment after a chemical treatment. And sometimes you even need everything at once. In short: the needs of the hair are as individual as the wearers themselves and that is exactly what should be taken into account in care. That's why you won't find standard products at the Yours Truly brand, but rather care products that are individually tailored to your personal hair ID.

Not just personal, but also natural: This hair care is based on clean beauty recipes

Whether gently cleansing shampoo: Yours Truly hair care products

are not only of the highest salon quality, but also follow the clean beauty philosophy. This means that they are free of silicones, microplastics and other controversial ingredients that could pose a threat to the environment or personal health. Based on plant-based ingredients and produced in an animal-friendly manner, the natural care products from Yours Truly are also suitable for a vegan lifestyle. Because: All products have been certified by the Vegan Society and are therefore vegan. The packaging made from sustainable materials completes the clean beauty approach.

9 Hair Care For Different Age Group

9.1 Hair Care For Teens

Hair care plays an important role among teenagers . 61 percent even use hair shampoo every day ¹. A lot of effort goes into the hairstyle . Styled hair is considered a perfect form and shows that you are making an effort to appear neat and well-groomed . Hair styling products provide a secure hold in an uncertain time, such as puberty: hair as a protective helmet for the soul.

Wash your hair regularly

Oily hair can quickly make you appear unkempt and therefore less attractive. An increased production of skin sebum can often be observed during puberty, as the male hormones, which every woman carries in small quantities, are particularly active during this time. The only way to get greasy hair under control is to regularly remove excess oil by washing your hair . It is best to use mild textures or special slightly degreasing shampoos . Alternatively, dry shampoos can also be used, especially if you want quick relief.

Care properly with special shampoos for oily and flaky hair

Oily hair can also be flaky . The reason for this is a yeast fungus that everyone carries on their skin. If sebum production increases, the yeast fungus receives an increased supply of food and multiplies. The yeast fungus secretes aggressive fatty acids as metabolic products that irritate the skin. This reacts with the formation of dandruff, itching and redness . Oily and flaky hair requires different treatment than dry dandruff. While the latter should not be washed too frequently , oily and flaky hair needs to be washed every day possible. If you see that your roots look greasy, you don't have to stop washing your hair. To reduce dandruff, use a special shampoo for oily and flaky hair. Many commercially available anti-dandruff shampoos contain ingredients that prevent yeast from multiplying and extracts that soothe the scalp and reduce itching . Use the anti-dandruff shampoo two to three times a week for several weeks.

Brush hair before washing and do not rub dry after washing

It is best to brush your hair carefully before washing . This causes dandruff to come off the scalp, which you can then wash away. After washing your hair , wrap a towel around your head like a turban and avoid rubbing your hair dry

9.2 Hair Care For Woman In Their 40s And Beyond

1. Use a mild, natural shampoo.

Gray hair is drier and often appears duller than your original hair color because your scalp produces less and less sebum over the years. Therefore, when caring for gray hair, you should choose a mild shampoo without sulfates or other aggressively cleansing, drying substances.



2. Avoid heat when styling gray hair.

Sure, heat can also dry out gray hair and make it look brittle and dull. Therefore, avoid using hot or outdated styling tools such as straighteners or curling irons.

3. Care tip for gray hair: Make sure you get enough vitamins and minerals!

Especially after menopause, your body needs lots of good vitamins and minerals in order to cope well with the hormonal change. A balanced diet with Omega3, B vitamins, biotin, magnesium and zinc can help strengthen hair from the inside out.

4. Brush gray hair gently and naturally!

Brushing gray hair stimulates the scalp and stimulates blood flow to the sebaceous glands. A completely natural care substance, the so-called serum, is released and distributed throughout the hair, which in turn gives it a beautiful shine. Always brush your hair gently and when it is dry - and be sure to use a good brush with natural hair bristles.

5. Protect gray hair from sun and cold.

Sun and cold can dry out gray hair, bleach it and make it brittle. Wear a hat in summer and a hat in winter to protect your hair. Use sunscreen to protect your hair from harmful UV rays. You can pack a spray in your beach bag on vacation and wear a cool sleek look, so the sun protection also looks really casual.

6. Good cutting instead of breeding!

I'm always surprised that many women just let their hair grow long, regardless of hair structure and density. The fact is: from midlife onwards, hair can become noticeably thinner. Especially with gray hair, even an outgrown cut can quickly look shaggy unless you invest an hour in the morning in extensive styling and massively good care.

7. Care tip for gray hair: Avoid chlorine.

Let me put it this way: swimming caps are the new black. Chlorine can turn gray hair greenish and also dry it out. Avoid contact with water containing chlorine, such as in swimming pools. If you can't do without it, wear a swimming cap and rinse your hair immediately after swimming.

8. Treat your gray hair to a treatment!

Hair treatments or hair masks not only have a high wellness factor, but they also make perfect sense, especially for gray hair. In addition to an extra dose of moisture, you can also give your hair an intense color shimmer - especially if your hair doesn't turn gray evenly and needs a fresh color without resorting to tinting straight away.

10 Maintenance And Protection

10.1 Tips For Maintaining Hair Color

Special products

Products formulated for red hair have colored particles that settle on the hair with each use, extending the life of the dye. Ideally, use shampoo for no longer than 5 minutes.

Hair glazing

This product transforms dull and lifeless hair. It consists of a mixture of silicones and provides shine. Plus, they improve hair without the need for further coloring.

Homemade tricks

• Bananas

Bananas are great for hair and scalps as they nourish dull and rough hair with vitamins, making it much more manageable.

Simply mix a ripe banana with an avocado and add coconut milk to the mixture until it forms a paste. Apply to the hair and leave for twenty minutes.

• Mint

Mix 2 tablespoons of peppermint oil in 1 cup of water. Place on the fire or in the microwave for a few minutes, and let cool.

Apply to damp hair or mix with shampoo to use daily for washing.

• Blueberries

Make the final rinse with natural cranberry juice, let it sit for about 5 to 10 minutes, and rinse. You will see how the red of your hair becomes more intense every time.

10.2 Protecting Hair From Sun And Pool Damage

Protect your hair from the sun

To ensure that your hair survives the summer without much strain, it is worth adjusting your hair care seasonally. You don't have to resort to expensive products. You can protect your hair from the sun with home remedies and simple tricks. And like this:

The easiest way to protect your hair from the sun is to wear a cap, hat, or thick scarf on your head. A thinner fabric is not recommended as it allows UV rays to pass through.

If you have slightly longer hair, you can braid it or put it up in a bun. This method means that at least part of your hair is covered and therefore protected from the sun. If you then tie a scarf in your hair or put on a hat, the effect is hidden even further.

After a hot summer day, your hair needs to be properly cared for if you want to prevent sun damage. Coconut oil can be used here too. Shampoo protect and nourish your hair in the summer.

Protect your hair from the sun: Don't forget your scalp

Your scalp is also exposed to the sun. Since you can also get painful sunburn on your scalp on your bald head, side, or middle part, protection is recommended here too. Here's what else you can do besides wearing a hat:

Use a sunscreen on your scalp that is easy to apply and non-greasy. Sun sprays, for example, are good for this. If you want to protect your side parts, you can put some of the spray on one finger and use it to apply the protection. This prevents your hair from becoming greasy.

If you have a side or middle part, you should part your hair in a different place each time after washing. This ensures that it is no longer just one area of your scalp that is exposed to the sun.

10.3 Nighttime Hair Care Routine

The before-bed routine

To avoid tangles and knots in your hair overnight, it is recommended to first gently detangle the hair with your fingers before going to bed and then use your fingertips to relax and pamper the scalp with a little massage. To intensify this effect, it is best to comb your hair well with a natural hair brush or another special combing brush. If the hair falls easily and moves, split ends and broken ends hardly stand a chance.



The best night hairstyles

The basic rule is: No matter how your hair is worn up or tied back, it should definitely be loose and light. If the pull on the hairline and roots is too tight, they are overstressed and damaged and can grow back more slowly. For very long hair, it is recommended. This means the hair doesn't lie on the pillow, there is less friction, and tangles, knots, and hair breakage are avoided.

A loosely braided braid is also quick and easy. The braid pattern should not be too tight. In this way, the hair essentially protects itself, and knots and hair tangles are prevented. In addition, the hair gets light waves that become visible when you open it in the morning. Fix these with curl spray, curl jelly, foam, and the day can start. If you like the look, you can braid braids of different thicknesses and make the waves look even more natural in the “undone style”. And the same applies to ponytails: the main thing is to tie them loosely and gently. Any pressure or pulling on the hair and scalp should be avoided.

Remove product residue from the hair

Hairspray, hair setting products, hair gel, and other product residues should definitely be removed from the hair before sleeping. Individual hairs that are often stuck together and have their surfaces roughened can quickly break. Structural damage and a lack of luster are then the results. Intensive combing should help here. If this is not enough, we recommend washing your hair gently with a mild shampoo. Afterwards, please dry your hair well and comb it out well again.

Never go to sleep with wet hair

Wet hair is usually slightly swollen due to exposure to water. This causes the cuticle layer of the hair to protrude, which can lead to frizz, i.e., so-called "hair nests", during the night. The tangled hair rubs against each other while sleeping and can cause hair damage. It's better to wash your hair in the evening, but avoid any kind of styling products. After shampooing, squeeze the hair well with a towel (do not rub dry) and then dry it lukewarm and completely with a hairdryer. If there is still enough time before the "bed routine", let the hair dry gently in the air.

11 Hair Mask

11.1 Tailoring Care To Your Hairstyle: Unlocking The Versatility Of Hair Mask

Hair masks are conditioners that have been given a boost and are especially made to meet your hair's needs. Whether flat hair needs volume, curls require definition, or hair needs intense repair and moisture Including a hair mask in your daily routine will help you quickly achieve the hair you've always desired. Hair masks are made using a blend of components that are intended to target those in need.

A hair mask can help hair acquire the moisture it needs if dryness and damage are the issues. In turn, this results in hair that is stronger, healthier, and glossier. Aaaaa-mazing!

Deeply nourishing and fortifying treatments aid in preserving the moisture and suppleness of hair. Bring on the bouncy, lovely, defined curls and the healthy-appearing straight strands from root to tip. We're talking now! Hair masks open the door to gorgeous locks with a strong defense against stressors like Mother Nature. Hair masks protect tresses with powerful hydration that is unmatched, whether you're heading into high humidity, the colder weather is coming in, or the sun is pounding down on that new color.

A HAIR MASK: HOW DO I USE IT?

It really is as easy as 1, 2, and 3! No more uncertainty or concerns.

Step 1: Enter the shower and give your hair a thorough cleaning with a good shampoo. One of our favorites for removing oils and debris is Mega Shampoo. When your hair is completely clean and shining, lather it up and, if necessary, rinse and repeat.

Step 2: Squeeze out excess water (you can gently towel-dry if you'd like) and spread your mask, such as our 3 Minute Miracle Calm the Frizz Hair Mask, evenly throughout the strands. Divide the mask into sections to make sure every inch is covered and receiving the benefits. Make sure to avoid touching your scalp as you make your way up from the tips to the lengths of your hair.

Step 3: Allow the medication to do its job! Every single one of our 3 Minute Miracle Hair Masks is specifically developed to start working in only 3 minutes. ample time to ponder a few amusing shower ideas that will make you wonder why you don't make a livelihood by creating novelty cards. Rinse thoroughly once you've had your fill of self-congratulation.

Step 4: Dry and style your hair as normal, and you're good to go!

11.2 Benefits Of Using Hair Mask

Hair masks are conditioners that have been given a boost and are especially made to meet your hair's needs. Whether flat hair needs volume, curls require definition, or hair needs intense repair and moisture Including a hair mask in your daily routine will help you quickly achieve the hair you've always desired. Hair masks are made using a blend of components that are intended to target those in need.

Are you tired of bad hair days? Do you want your hair to look stronger, shinier, and healthier? If the answer is yes, then you should consider using a hair mask in your hair care routine. In this article, we will discuss the benefits of using a hair mask and why it should be an essential part of your hair care routine.

Let's start by defining what a hair mask is. A hair mask is a deep conditioning treatment for your hair and scalp. Unlike traditional conditioners, hair masks are designed for long-term use, allowing the ingredients to penetrate deep into the hair shaft and scalp. They can come in different forms, including cream, gel, or oil, and are formulated with a variety of ingredients depending on your hair's specific needs.

Now let's discuss the benefits of using a hair mask. It hydrates and nourishes your hair significantly, which is the first and most visible benefit. Natural oils, proteins, and vitamins contained in hair masks can penetrate deep into the hair shaft and help heal damage caused by heat styling, coloring, or external influences such as pollution and the sun. Your hair can look shinier, smoother, and stronger by replenishing moisture and nourishment.

Another benefit of using a hair mask is that it can help prevent split ends and hair breakage. Your hair is more prone to breakage and split ends when it is dry and damaged. You can help strengthen your hair and minimize the chances of it breaking or splitting by using a hair mask regularly.

Hair masks can also benefit your scalp's health. Many hair masks contain components that help nourish and soothe the scalp, reduce irritability, and prevent dandruff. By using a hair mask, you can promote healthier hair growth, as a healthy scalp is necessary for healthy hair growth.

Using a hair mask can be a luxurious and relaxing experience. After a stressful day or week, taking some time for yourself and your hair to de-stress and relax can be a wonderful way. Use the mask, relax for 20 to 30 minutes, then rinse and enjoy your freshly nourished hair.

Applying a hair mask is a quick and easy technique to improve the overall condition and appearance of your hair. Hair masks are a must for anyone trying to improve the health and beauty of their hair, as they deeply hydrate and nourish your hair, prevent breakage and split ends, promote scalp health, and provide a relaxing and sensual experience. So treat yourself to a hair mask and enjoy the benefits of beautiful, healthy hair

11.3 Preparing Your Hair Before Application

Just like with shampoo, not all treatments are the same. If you tend to have oily hair, you should use a hair treatment that also nourishes the scalp. Because excessive fat or sebum production indicates a disturbed balance in the scalp, Therefore, you should definitely pay attention to this too! It is not uncommon for us to be surprised that, on the one hand, the scalp itches and flakes and, on

the other hand, the hair quickly becomes greasy again. What seems paradoxical at first glance makes perfect sense: the stressed, out-of-balance scalp tries to counteract dehydration by producing increased sebum. After all, it has to endure a lot - water that is often too hot, long showers, and too much shampoo literally washing it out. which ultimately also causes the hair to suffer. It is advisable to have your hair analyzed by a professional, ideally at your next visit to the hairdresser. Because if you know your hair's needs, you can avoid mistakes when caring for it and reach your goal more easily.

HAIR TREATMENTS: TREAT YOUR HAIR TO AN EXTRA DOSE OF CARE

Is your hair dry along its length and prone to split ends? Then a hair treatment should be used once a week. Apply to the lower sections from about ear height, then distribute the treatment or intensive conditioner through the hair with a coarse comb or a special brush. Ideally, you should wrap the well-wrung out hair in a towel, because the heat generated allows the active care ingredients to penetrate the hair better and develop their deep effect there. Rinse thoroughly after a few minutes. Extra tip: If your water is very hard, use a bottle of mineral water for the final rinse—for absolutely beautiful, shiny effects. For very dry and damaged hair, it is recommended to leave the hair treatment or mask on for longer, either throughout the day (simply put your hair up in a chignon or bun) or overnight (wrap your hair in a towel). Spray treatments that do not need to be rinsed out are also suitable for fine hair. The advantage: These “leave-in hair treatments” do not unnecessarily weigh down thin hair due to their lower oil content. They also prevent, as a pleasant side effect, flying hair.

11.4 Tips For Applying The Hair Mask

Apply the mask carefully

Read the instructions carefully.

Many commercial hair masks come with special instructions for use. Some may only be intended for weekly use, while others only deliver the best results with the right exposure time. Not all hair masks can be used individually in terms of duration and frequency of use. Make sure you read the instructions carefully before applying the mask to your hair. If you've applied a mask only to find that you got no results or even negative results, you may have overlooked important instructions

Wash and dry your hair with a towel

Before applying your mask, you should wash your hair as normal. Then dry your hair with a towel so that it is only slightly damp. Under no circumstances should you dry your hair with a hairdryer before applying the mask. Your hair should still be slightly wet when you apply the mask.

Divide your hair into several sections

Applying the mask will be easier if you divide your damp hair into about three to four sections. For example, you could divide two sections on each side of your head: one in the front, one in the back. Secure the hair with hair clips or hair ties and apply the mask one section at a time

- Longer and thicker hair may require more sections. You may need to split them into 4-8 games.
- However, if you have very short hair, individual sections are probably unnecessary.

Apply the mask from roots to tips

First, massage the mask into your scalp. Then distribute it along the lengths up to your tips. Try to distribute the mask evenly through your hair using gentle massaging motions when applying.

Comb your hair when the mask is already on

After applying your hair to your entire head, you'll want to grab a medium- to wide-toothed comb. Once you've applied the mask, comb it through your hair. This way, you can ensure that the mask is evenly distributed throughout your hair.

Rinse your mask out of your hair and then apply conditioner

After you have left the mask on for the prescribed period of time, you can rinse it out in the shower. Afterwards, you can massage in conditioner as normal to moisturize your hair.

Optimize the effects of the mask

Cover your head with a shower cap and a hot towel after applying the mask.

Place the plastic shower cap over your hair after massaging the mask well. Then wrap a hot towel over the shower cap. Leave it on for ten minutes. This way, you can ensure that the mask has direct contact with your scalp, which means it can be more effective

Intentionally leave the mask on for different lengths of time

How long you should leave your mask on varies greatly. If you use a purchased mask, you should simply follow the instructions for use. However, if you have made your mask yourself at home, you should experiment with the duration of its application depending on the results you want to achieve

- Protein treatments should be left in the hair for ten minutes.
- Moisturizing masks should be left on the hair for five to ten minutes.

- Coconut oil masks should be left on for at least 30 minutes.

Leave the mask overnight if you have very dry hair

If you're trying to treat very dry hair, you can leave the mask overnight. Simply cover your hair with a towel, shower cap, or other item and leave the mask overnight. The next morning, you can rinse the mask out in the shower. Afterwards, your hair should be noticeably softer and more well-groomed

If your hair is greasy afterwards, you should use a smaller amount of the hair mask next time

Your hair shouldn't be noticeably greased after the application. If you notice that your hair is greasy, you probably applied too much product. Next time, reduce the amount and see if that solved the problem

- If a hair mask gives you even slightly greasy hair, it may not be suitable for your hair type. Instead, try a mask specifically for oily hair.

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